

# Nutrition Facts

2 servings per container

**Serving size**

**1 oz (28g)**

**Amount Per Serving**

**Calories**

**220**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 1.3g **7%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 33g **12%**

Dietary Fiber 5g **18%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

**Protein** 6g **12%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.